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3.1 MILES ON TREDMILL	CHOICE	STRENGTH 4 LIFE	KETTLEBELL	CHOICE
PLYO POWER	ATHLETIC TRAINING	ZUMBA	CHOICE	BOKWA
M.I.S.T.	EXTREME CORE	FREE	ZUMBA STEP	CHOICE
CHOICE	3 MILES ON ELLIPTICAL	CHOICE	ZUMBA	PILOXING
EXTRA STRENGTH	TABATA	SPYNERGY	BACK TO 6 PACK	KICKCORE
RECOVERY YOGA	FLEX & STRETCH	ZUMBA TONING	10 MILES ON BIKE	ROWING MACHINE 15 MINUTES

FITGO RULES

1. Keep your Group Exercise schedule & FitGo card for duration of contest (January 4th—February 29th)
2. Complete each class and receive a completion stamp from your instructor or a personal trainer for weight room challenges
3. Everyone that completes a BLACKOUT will be given a completion shirt, as well as be entered into our Grand Prize drawing! Turn in completed cards to CMRC front desk team
4. FitGo runs from January 4th—February 29th, all scorecards are due by February 29th, NO LATER!

CHOICE: ATTEND A GROUP EXERCISE CLASS OF YOUR CHOICE

MUST BE AT LEAST 16+ TO PARTICIPATE IN GROUP EXERCISE CLASSES

CMRC values fitness and wellness and provides a variety of group exercise classes for our members! For the safety and enjoyment of our classes, all participants must follow the group exercise policies and procedures. Our classes are designed to serve ages 16+ and all ability levels; modifications will be taught in each class.

Name: _____ Phone Number: _____ Email: _____